COVID-19
Vax Facts for Teens

Why do you even want to get the COVID-19 vaccine?

New COVID-19 cases are in people who are not fully vaccinated. Younger people are making up most of the cases. Teens like me are getting the virus, just like everyone else. Getting vaccinated is the best way to protect myself, protect you, and protect my family and friends. 🧡💚💙💜

Well, you're young and healthy. Even if you get COVID-19, you'll be fine.

Even if I have a mild case of COVID-19, I don't know how sick I'll get. I may struggle with long-term effects like shortness of breath, chest pain—and brain fog. And I don't want to get you sick, either! 🙄 🤢

Is the COVID-19 vaccine even safe for teens? We don't know enough about it yet!

Scientists had a head start in developing all of the vaccines. They're built on decades of research. There's been no safety data to suggest the COVID-19 vaccines will impact my development. Also, there have been no serious safety concerns in clinical trials with thousands of kids my age. The vaccines are safe and effective in stopping the spread of COVID-19 and preventing serious illness, hospitalization and death. Millions of teens and adults in the U.S. have already taken their shot! 💉💉💉💉💉

I still don't know enough about the side effects of the COVID-19 vaccine. I don't want you to get sick.

I can't get COVID-19 from the vaccine, don't worry. Tough clinical trials with thousands of teens have shown that the vaccines are safe and effective—even against the dangerous Delta variant. Serious side effects from COVID-19 vaccines are extremely rare, temporary and treatable. Most teens, like adults, just experience a sore arm, a headache and feeling tired and achy for a day or two. 🤙👍👍👍👍👍

Visit **MySpot.nc.gov** to find a nearby vaccine location.

NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES

I heard some kids are getting heart inflammation after getting their COVID-19 vaccine!

Heart inflammation—myocarditis and pericarditis—is much more likely to happen and be more severe if I end up getting COVID-19. It's very rare that heart inflammation is a side effect of COVID-19 vaccines in people my age—when it happens, it's temporary, often goes away by itself and is easily treatable.

Why do you need to get the COVID-19 vaccine if everyone else is getting it? Won't you be protected that way?

Unvaccinated teens like me are vulnerable to the more contagious and dangerous Delta variant of COVID-19 that is spreading across North Carolina. 🦠🦠🦠 Taking my shot is the best thing I can do to stay safe and protected. 💉💉💉

I heard getting the COVID-19 vaccine can affect your fertility down the line.

There has been no safety data to suggest that the COVID-19 vaccines will impact my fertility. 🤱🙅

Your school doesn't require you to get the COVID-19 vaccine.

You're right! But I want to feel protected—and keep my teachers and friends safe, too. And I'll be able to do that if I get the COVID-19 vaccine! 🙋👍🏻👍🏼👍🏾👍🏿

I'm still not sure about these COVID-19 vaccines.

Can we schedule an appointment with my doctor? They'll be able to talk us through any other questions you have! Plus, I can get other vaccines at the same time. We can read through these helpful **FAQs** together if you want to.

Where can you get your COVID-19 vaccine?

How much does it cost?

I'm so happy you asked! 😃😎🧡💚💙💜
The vaccines are free for everyone 12 and up. Let's check out **MySpot.nc.gov** to find the vaccine provider closest to us. We can also call **1-888-675-4567** for more help and information.

Visit **MySpot.nc.gov** to find a nearby vaccine location.